



Gratitude & Positivity

Date / Time: _____ What have you brought mindful awareness to today? Check all that apply.

Mind

Body

Nutrition

Environment/Relationships

Before doing this worksheet find a place where you can think freely and actively utilize the concept of [metacognition](#).

Today, I am grateful for:

1.

2.

3.

4.

LET'S TALK! VISIT [JOCOACHING.LIFE](#), AND LET'S GET IN TOUCH.

I used my imagination today in a positive way. What I saw:

“Logic will take you from A to B. Imagination will take you everywhere.”

-Albert Einstein

Stress Less / Things I worry about:

In my control?

1.	<div style="border: 1px solid green; height: 20px;"></div>	Yes	<div style="border: 1px solid green; width: 30px; height: 20px;"></div>	No	<div style="border: 1px solid green; width: 30px; height: 20px;"></div>
2.	<div style="border: 1px solid green; height: 20px;"></div>	Yes	<div style="border: 1px solid green; width: 30px; height: 20px;"></div>	No	<div style="border: 1px solid green; width: 30px; height: 20px;"></div>
3.	<div style="border: 1px solid green; height: 20px;"></div>	Yes	<div style="border: 1px solid green; width: 30px; height: 20px;"></div>	No	<div style="border: 1px solid green; width: 30px; height: 20px;"></div>
4.	<div style="border: 1px solid green; height: 20px;"></div>	Yes	<div style="border: 1px solid green; width: 30px; height: 20px;"></div>	No	<div style="border: 1px solid green; width: 30px; height: 20px;"></div>

Positive Affirmations

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